What a juice detox can do

Follow our guide for a healthy 'food rehab' cleanse PAGE 11

STAR POWER

THE EXPENDABLES 2, STARRING JEAN-CLAUDE VAN DAMME, SHOWS YOU CAN NEVER HAVE ENOUGH BLOCKBUSTER TALENT ON THE BIG SCREEN PAGE 9

REGIONA metro®

Tuesday, August 21, 2012

News worth sharing.

metronews.ca | twitter.com/metroregina | facebook.com/metroregina

Will Chamblin show Durant the seat? Rider Nation chimes in

Four-game losing streak. Poor offence in Sunday's loss to B.C. Lions has some fans saying 'Free Willy!'

JEFF MACKEY
jeff.mackey@metronews.ca

Sunday's 24-5 loss to B.C. means the Riders are without a win in four games.

Rider Nation is struggling to come to terms with this and how its team can turn things around.

"I am disappointed but not surprised," said Kevin Fenwick, a 33-year season-ticket holder from Regina. "Disappointed because we lost four games in a row but not surprised that we lost a game in B.C."

Regina native and lifelong Rider fan Mike Navid was also disappointed by the club's loss.

"I was kind of hoping this was going to be the turnaround game, but obviously there are still a few more things they need to address."

Offensive production was so poor against B.C. that many fans are entertaining the notion of replacing Darian Durant with Drew Willy.

"If you were to ask the masses I know, a lot people have been chiming in, saying, 'Free Willy! Let him take a stab at it,'" Navid said.

Lorne Babyck from Saskatoon added: "He's fallen back and he's not getting the protection that he should get. That's when they should maybe try out the new fella for a while."

The Riders face the Stampeders at Mosaic Stadium on Aug. 25. WITH FILES FROM MORGAN MODJESKI/METRO IN SASKATOON

Follow Jeff Mackey on Twitter @MetroJeffMackey

Breakdown

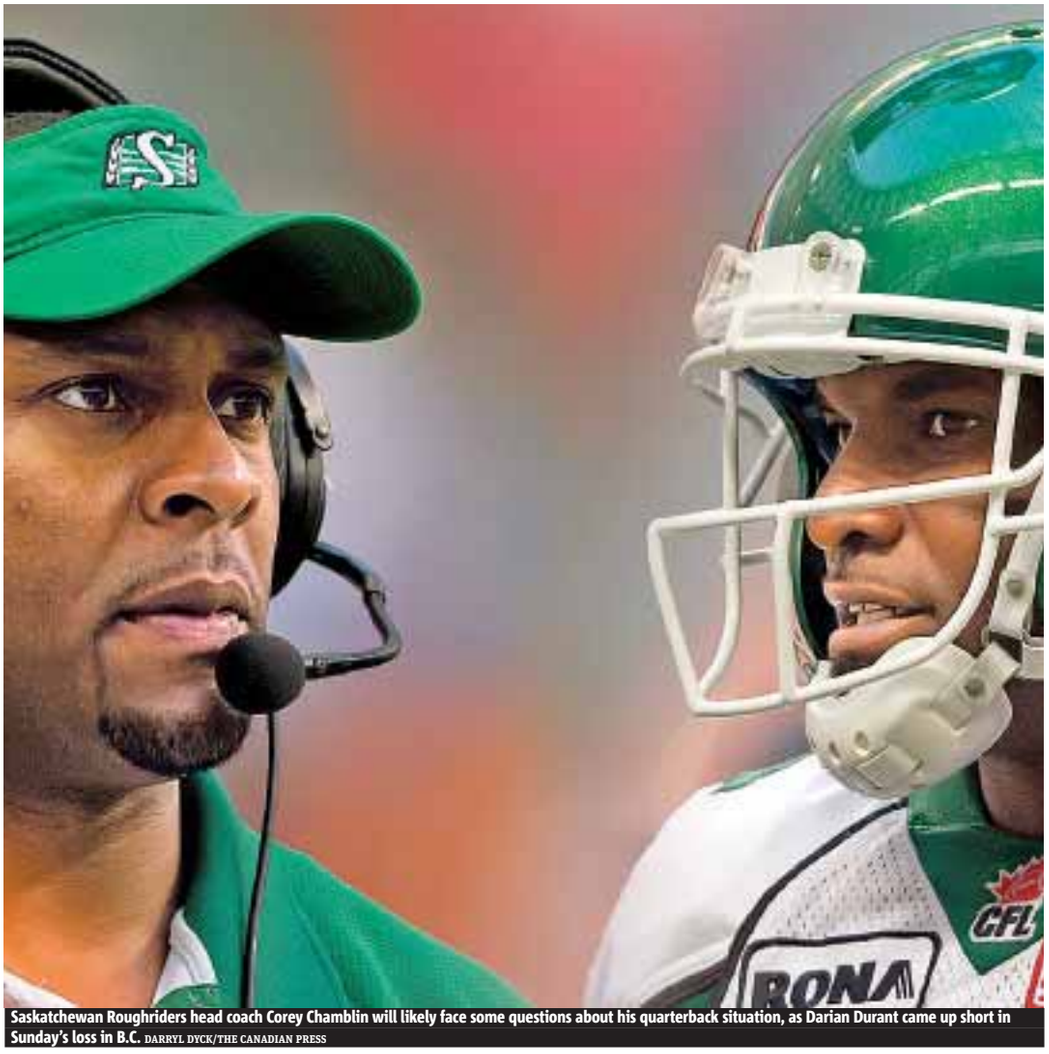
Sunday's game by the numbers

3 The number of interceptions thrown by Darian Durant

26 Weston Dressler's receiving yards

28 Kory Sheets' rushing yards

4 Where the Riders now sit in the Western Division standings (tied)



Saskatchewan Roughriders head coach Corey Chamblin will likely face some questions about his quarterback situation, as Darian Durant came up short in Sunday's loss in B.C. DARRYL DYCK/THE CANADIAN PRESS

Treasure hunt

To celebrate the Legislative Building's 100th anniversary, a Regina artist is scattering 100 special stones throughout the province — and hoping the public helps them find their way home PAGE 3

Akin won't bow out

Republican congressman Todd Akin apologizes for his remarks about 'legitimate rape' but refuses to drop his bid for the U.S. Senate PAGE 4

DISCOVER **FRESH JUICE!**
YOUR BEST SOURCE FOR FUN, FAST, HEALTHY AND DELICIOUS MEALS!

FRESH JUICE
MADE IN CANADA
HEALTHY MADE DELICIOUS
SPECIAL PRICE
$2.99
All recipes tested and rated for healthy choices
LOW CALORIE
BACK TO HEALTHY
COOL LUNCHES
Fun ideas, easy recipes
Inspired Chicken with Jasmine Rice, p 65
EASY WEEKNIGHT ONE-POT DINNERS
• Serve up brain food
• Teach kids about money
• Get wet, get fit
HAPPY DAY! Dairy-free & gluten-free b-day cakes, p 60
Wild Garden Bento with Rice and Avocado Caterpillar, p 49
August/September 2012
E-newsletter sign-up: @ FreshJuice.ca for exclusive recipes, health and nutrition news

Check out FreshJuice.ca for more than **1,500** recipes—updated daily!

ON NEWSSTANDS NOW!

We're Tweeting all about fresh food news and wellness tips
Twitter.com/FreshJuiceCA

View not-to-be-missed food inspiration on our Pinterest board
Pinterest.com/FreshJuiceCA

Find us on Facebook: We're talking about recipes and nutrition and sharing behind-the-scenes photography!
Facebook.com/FreshJuiceCA

Sign up for our e-newsletter at **FreshJuice.ca** for exclusive recipes, plus health and nutrition news, delivered to your inbox weekly!

tc • MEDIA

Police investigation

Dewdney Pool reopened after razor blades found

Police are investigating after staff at an outdoor pool in Regina found razor blades at the bottom of the pool. The city says the blades were discovered Sunday and were embedded in a slide at Dewdney Pool.

Staff removed the blades and did a thorough sweep of the pool, equipment and surrounding area to ensure it was safe. The pool has been reopened to the public. THE CANADIAN PRESS

No job losses

SaskPower cuts service centres

SaskPower is closing 18 walk-in customer-service centres across the province in a move it says will modernize delivery.

The Crown utility says that as of Nov. 30 the option of walking in to pay bills or get other service will only continue in five cities: Regina, Saskatoon, Prince Albert, Yorkton and North Battleford.

SaskPower says more people are calling for help or going online. Tyler Hopson, a spokesman for SaskPower, says there are about one or two employees in each of the centres where the walk-in option is being cut.

He says there won't be any jobs lost because staff will shift to deal with phone calls and online services. THE CANADIAN PRESS

1st-quarter figures

Surgery wait times reduced

According to numbers just released by the province, Saskatchewan patients are waiting less time for surgery. First-quarter results posted to sasksurgery.ca for 2012 show 97 per cent of patients have surgery within 12 months and 89 per cent within six months of being put on a waiting list.

The site also indicates 2,225 fewer patients were waiting for surgery in Saskatchewan on June 30, 2012, than on the same date in 2011. Health Minister Dustin Duncan said the numbers prove Saskatchewan's collaborative approach is working. THE CANADIAN PRESS

Province-wide rock hunt will mark Legislative Building's Happy 100th

Public art project. Those who find the engraved stones are asked to return them to the legislature, where they'll be permanently installed

JEFF MACKEY
jeff.mackey@metronews.ca

Regina artist Terri Fidelak has big plans in mind for Saskatchewan, and she's thinking long term.

Fidelak is one of eight artists in residence selected to commemorate the 100th anniversary of the Legislative Building. All eight will complete art projects as part of their residencies, and Fidelak has found a very inclusive, open-ended way to get the public involved with her work.

"I am taking 100 cubes of Tyndall stone, which is the stone the building is made of, sanding and polishing them, engraving them with a message, and placing them in 100 locations throughout Saskatchewan's landscape," said Fidelak.

"When the stones are discovered, the message invites people to bring the stones back to the legislature where the stones will be permanently installed."

Fidelak admits that the project could take some time before it comes to fruition.

"I want to make some of them easy to find because I definitely want some to return," said Fidelak. "But on the other hand, I really like the aspect of time that is involved with this project and I would love it if some of them took 20 or 50 years to come back to the (legislature)."

Fidelak is currently in the sanding and polishing stage but says she'll be hitting the road as early as next week to begin scattering the stones across the province.

"I am really excited about it because there are so many places in our province that I have wanted to visit that I've never made the time to. I am definitely including a few of those places," said Fidelak.

Follow Jeff Mackey on Twitter @MetroJeffMackey

Quoted

"I want to make some of (the stones) easy to find because I definitely want some to return."

Terri Fidelak, one of eight artists in residence chosen to help commemorate the Legislative Building's 100th anniversary

Terri Fidelak sands Tyndall stone in the Queen Elizabeth II Gardens in front of the Legislative Building on Sunday. JEFF MACKEY/METRO

Billy Bishop Goes to War is one of the many shows Regina's Globe Theatre has lined up for its 2012-13 season. CONTRIBUTED/GLOBE THEATRE

Globe Theatre prepares for busy 2012-13 season

The curtain will rise this fall on a country music legend, a Royal Military College student and the land of Oz.

Regina's Globe Theatre's season begins on Sept. 11 with a two-week run of A Closer Walk with Patsy Cline. "Today we're set-building for Cline and working on designs for our next two shows," said Globe artistic director Ruth Smillie.

Also on tap will be Billy Bishop Goes to War from Oct. 10 to 28, with the L. Frank Baum family classic The Wizard of Oz closing out 2012 from Nov. 21 to Dec. 30.

Other plays in the 2012-13 season include Henry and Alice: Into the Wild, Pride and Prejudice, and I, Claudia. The Globe's season concludes with the Canadian musical comedy The Drowsy Chaperone, which runs from May 22 to June 9.

In addition to main-stage shows, the Globe also offers a collection of more boundary-pushing productions in its Shumiatcher Sandbox series. ROB BROWN/METRO

Fall classes

- Registration for fall classes at the Globe Theatre School is underway, with classes starting the second week in September. "Our summer projects have just wrapped up and we're giving staff a couple weeks off before getting back into our fall classes," said Globe artistic director Ruth Smillie.
- Offerings range from early-years classes for two- to four-year-olds through to workshops for adults.

1 NEWS

Mobile news

Helvetica is bold and in-your-face; Arial is as cool as a cucumber. Scan the code to check out one blogger's take on the personalities of fonts.

Turnaround

Farmers welcome early corn harvest

One of the worst growing seasons most U.S. farmers can remember is coming to an end with a corn harvest that's at least three weeks early thanks to an unusually warm spring and suffocating summer.
THE ASSOCIATED PRESS

Skinny dip

U.S. congressman apologizes for nude Galilee swim

A Republican congressman representing Kansas has apologized for embarrassing his supporters by swimming naked at the holy site of the Sea of Galilee while on a fact-finding mission to Israel.

Freshman U.S. Rep. Kevin Yoder, 36, has not been charged in the Aug. 18, 2011, incident when he and about 20 other lawmakers and staff members jumped into the water. Politico reported Sunday that he was the only one among them who wore no clothes.

Yoder said it was dark and he was in the water for only about 10 seconds.
THE ASSOCIATED PRESS

E. coli fears

Supplier recalling romaine lettuce

California produce supplier Tanimura & Antle said Sunday it is voluntarily recalling romaine lettuce that was shipped to 19 U.S. states, Puerto Rico and Canada over fears about possible E. coli contamination. THE ASSOCIATED PRESS

Alberta

Union criticizing unreported farm fatalities

The Alberta Federation of Labour is criticizing the provincial government for no longer reporting farm fatalities.

The union says the move is an example of how "agricultural workers are being erased in Alberta."

"This decision to stop reporting the number and nature of farm deaths helps to hide the real problem — Alberta's deplorable lack of workplace protection for farm workers in the province," union spokeswoman Nancy Furlong said in a release Monday.
THE CANADIAN PRESS

La Leche. Motherhood group stands behind transgender ban

Breastfeeding advocates and parenting gurus are voicing support for a transgender Winnipeg man who nurses his son, in the wake of a motherhood support group's refusal to allow him a leadership role inside the organization.

"La Leche League Canada's decision is discriminatory," said Annie Urban, of the popular parenting blog PhD in Parenting. "It is time for La Leche League to update its guidelines and recognize that breastfeeding is not exclusively a mother's domain."

La Leche League Canada (LLLC) recently informed Trevor MacDonald, 27, he could not lead support circles or serve as a breastfeeding coach because he identifies as a man, which contravenes the organization's policy definition of motherhood. Only women can serve as leaders, according to LLLC policy. (Trevor uses "MacDonald" as a pseudonym.)

Elisabeth Sterken, director of INFACT Canada, a non-governmental organization that promotes breastfeeding, called LLLC's policy "unacceptable."

While LLLC has publicly supported Trevor's right to breastfeed, and acknowledges his experience nursing his 16-month-old son, the group has no plans to budge.

"It would take a lot of discussion over probably a long period of time before anybody was ready to even consider changing policies that would be in the best interests of La Leche League's mission," Fiona Audy, chair of the group's board of directors, told the Torstar News Service on Monday.
TORSTAR NEWS SERVICE

Trevor, a 27-year-old transgender man, breastfeeds his 16-month-old son. CONTRIBUTED

Quoted

"It's not so much about the man and the woman or the mother and father ... it's the relationship between the parent and the child."

Dawn Hanes, Baby Friendly Initiative Ontario

Akin apologizes, but refuses to quit race

Rep. Todd Akin, seen here talking with reporters last week, apologized Monday for saying in an interview that women's bodies can prevent pregnancies in "a legitimate rape." ORLIN WAGNER/THE ASSOCIATED PRESS

'Legitimate rape' gaffe. Republican congressman appears on radio show as party members call for him to drop his U.S. Senate bid

A congressman running for the U.S. Senate apologized Monday for his televised comments that women's bodies are able to prevent pregnancies if they are victims of "a legitimate rape," but he refused to heed calls to abandon his bid for the Senate.

Todd Akin, appearing on former presidential candidate Mike Huckabee's radio show, said rape is "never legitimate."

"It's an evil act. It's committed by violent predators," Akin said. "I used the wrong words the wrong way."

Calls for Akin's exit from the race grew Monday, with at least two Republican senators — Scott Brown of Massachusetts and Ron Johnson of Wisconsin — saying he should resign the party's nomination.

The six-term congressman is the Republican nominee for U.S. Senate, opposing Democratic incumbent Claire McCaskill in the November election.

The election is one of this year's most closely watched races, as it represents one of the Republicans' best chances of defeating a Democratic incumbent as they try to gain control of the Senate.

McCaskill, who is seeking a second term, is considered vulnerable because of her strong ties to President Barack Obama — she was an early supporter in 2008 — and the fact that Missouri is considered an increasingly conservative state.

"The good people of Missouri nominated me, and I'm not a quitter," Akin said. "And my belief is we're going to take this thing forward and by the grace of God, we're going to win this race."

During the primary campaign, Akin ran TV ads in which Huckabee praised him as "a courageous conservative" and "a Bible-based Christian."
THE ASSOCIATED PRESS

Quoted

"Like millions of other Americans, we found (Akin's comments) to be offensive."

Republican presidential candidate Mitt Romney, who called Akin's comments "insulting, inexcusable and frankly wrong."

Study. Married women found to drink more

Does marriage drive women to drink? A study suggests the answer is yes. It found married women drink more than single or divorced women — and married men drink less than their single, divorced or widowed counterparts.

The research was led by Prof. Corrine Reczek. Using data compiled from the Wisconsin Longitudinal Study, which tracked more than 10,000 men and women over six decades — about half of whom provided information on their alcohol use — the study found:

- Men overall consumed more alcohol than women.
- Married men reported drinking less alcohol than single, divorced and widowed men.
- Married women drank slightly more than divorced or widowed women, mainly because of their spouse's drinking habits.
- Women who were divorced or widowed drank "significantly" less than married women.
- Recently divorced men drank "significantly" more than men in long-term marriages.

TORSTAR NEWS SERVICE

Health care. Doctor running private B.C. clinic welcomes opportunity to argue case in court

The provincial government will be soon be stepping up its campaign to bar extra billing at a well-known private health clinic, but the owner of the clinic says he's keen for the fight.

The B.C. Medical Services Commission gave the Cambie Surgery Centre 30 days to stop charging patients for services already offered in the public system.

That deadline ran out Friday. Ryan Jabs, from the B.C. Ministry of Health, said the province will be proceeding with an injunction to enforce the order "shortly."

Dr. Brian Day, who runs the clinic, said he welcomes the injunction application because it will speed up his case, and he's confident of victory.

An injunction will give Day a court platform to argue why he believes the service he provides is necessary.

Day was part of a constitutional challenge launched in 2009, arguing the bar against allowing people to pay for private health care violates their democratic rights.

"How are you going to argue that a 79-year-old cancer sufferer with terminal cancer should be forced to wait 18 months?" he said. "Because that's what they're going to have to argue."

More than a dozen doctors and health-care professionals protested outside Day's clinic Monday, calling on the B.C. government to enforce the law and stop the centre from extra billing.

The group's spokesman, Dr. Bob Woollard of Canadian Doctors for Medicare, said the federal government should withhold health payments to B.C. until the law is enforced.

Protester Dr. Vanessa Brcic said Day's assertions that the clinic eases pressure on the public health-care system are wrong.

Day accused those in front of his centre of being union members concerned about health-care workers, not patients.
THE CANADIAN PRESS

Private health care

$500,000

The B.C. Medical Services Commission said more than 200 patients had been billed for surgeries valued at a total of around $500,000.

Canada's future lies in North, says Harper

Annual Arctic sojourn. PM kicks off northern tour with bullish vision of taking advantage of region's oil, gas and mineral resources

Prime Minister Stephen Harper and his wife, Laureen, pet a husky dog as they tour Caribou Crossing, Yukon, on Monday. ADRIAN WYLD/THE CANADIAN PRESS

Prime Minister Stephen Harper says Canada's future lies in the exploitation of the nation's northern resource riches, branding it as a "great national dream."

Harper kicked off his annual tour of Northern Canada Monday with a bullish vision that sees the country's prosperity fuelled by untapped Arctic resources.

"Those who want to see the future of this country should look north," he told a gathering of Tory supporters.

"Because that great national dream — the development of northern resources — no longer sleeps. It is not down the road. It is happening now. The North's time has come, my friends, and you ain't seen nothing yet."

Harper made the comments even as controversy flares on another resource front — the plan to pipe Alberta oil over sensitive British Columbia lands to the Pacific coast and on to Asian markets.

But the turbulence bubbling in the West over the pipeline hasn't dampened Harper's view that Canada's future fortunes lie in exploiting oil, gas and mineral resources.

Harper said mineral exploration is already reaching unprecedented levels across the North, with some 30 new projects to be developed over the next decade.

And he said the world — with an appetite for resources — seems ready-made for Canada. TORSTAR NEWS SERVICE

Unpaid fines. Feds looking to recoup more than $137 million

The federal government is looking to hire a collection agency to recoup millions of dollars in unpaid fines.

A letter of interest posted on a government contracting website shows 22,313 people owed close to $129 million in unpaid fines as of March 31, 2011. The government said Monday that as of July 31, that number has since risen to more than $137 million.

"Specific services of PPSC are required to collect outstanding federal fines owed to Canada, including Criminal Code fines, surcharges and court costs ordered with the federal fine at sentencing. This includes legal costs where applicable, using appropriate collection methods," the document says.

The Atlantic provinces had the most outstanding accounts, with 6,618, followed by Alberta with 4,129 and Quebec with 3,132.

Before 1996, the Criminal Code called for people to automatically be sent to jail for not paying fines, according to a PPSC spokesman. But changes to the code ended that practice.

The National Fine Recovery Program started in 2002 to collect money from people convicted of crimes under federal law. The program is administered by the Public Prosecution Service of Canada.

There are small fine-recovery teams in eight cities: Vancouver, Edmonton, Saskatoon, Winnipeg, Toronto, Ottawa, Montreal and Halifax.

The program employs about 19 paralegals and clerks as well as part-time prosecutors, the document says. But funding for the program ends next March. THE CANADIAN PRESS

Debt collection

In 2010-11, the report says, debt collectors recovered just $5 million — down 15 per cent from the previous year.

- Nearly all fines collected were in the $5,000 range, and the government closed 1,600 case files.
- Around 150 people were jailed between April 2010 and March 2011 for refusing to pay their fines, the annual report notes.

Pussy Riot. Baird soft-pedals on sentencing of Russian punk band

The one thing John Baird has rarely done in his 15 months as Canada's top diplomat is sow doubt about where he stands on an issue.

Canada's usually outspoken foreign affairs minister stepped out of character Monday with a low-key response to last week's sentencing of Russian punk band Pussy Riot, which has sparked condemnation worldwide.

Three members of the punk band were sentenced to two years in prison on hooliganism charges for singing a song in Moscow's largest church that criticized President Vladimir Putin. Their trial has been globally denounced as an example of Russia's growing decline in tolerating dissent.

At an event on another topic Monday, Baird spoke cautiously, without naming the band, or the country, when asked about the case.

"Obviously, there's, I think, widespread concern that this was perhaps too much and that there were perhaps political considerations. We support around the world independent judiciaries, and we certainly take note of what's happened," he said. THE CANADIAN PRESS

A supporter of the Russian female punk band Pussy Riot. MICHELLE SIU/THE ASSOCIATED PRESS

Global response

- Key Canadian allies, including the United States, Britain and the European Union, have taken a much tougher stand. They all denounced the sentence as "disproportionate" and questioned Russia's commitment to freedom.

Slain officer remembered

A family member carries the ashes of slain peace officer Rod Lazenby during his funeral in Edmonton on Monday. Lazenby was killed when he responded to a complaint at a dog breeder's property near Priddis, Alta. Trevor Kloschinsky, 46, is charged with first-degree murder.

JASON FRANSON/THE CANADIAN PRESS

Body-parts case. Police believe they're close to identifying victim

Police are linking several body parts found in east Toronto to a woman's head, foot and a pair of hands discovered in a river west of the city — and investigators believe they're close to determining her identity.

A thigh, two calves and an arm were found Saturday and Sunday in West Highland Creek in east-end Toronto, Peel Regional Police said Monday. They believe it's likely connected to gruesome findings in the Credit River in Mississauga, Ont., which is about 45 kilometres away.

"Investigators are convinced that there are obvious similarities," Sgt. Pete Brandwood said Monday.

Police are waiting for forensic test results to confirm their suspicions that all of the body parts belonged to the same person. In the meantime, investigators are poring over missing-persons reports from both Toronto and Peel region to try to determine the identity, Brandwood said.

"I think we're pretty close to finding out who the victim is," he said. "We've pretty much isolated and narrowed down who it can possibly be, so I don't think there's any immediate scare to any family members who all of a sudden haven't seen their mother or daughter." THE CANADIAN PRESS

Nude photos

Lawyer wants limits for inquiry

Another battle has erupted over an inquiry into a Manitoba judge whose nude photos are on the Internet.

The independent lawyer leading the inquiry, Guy Pratte, is asking the Federal Court of Canada to limit the actions of another lawyer involved with the hearing, George Macintosh.

Macintosh has cross-examined witnesses on behalf of the five-member panel hearing the inquiry and Pratte says the panel should remain neutral and not "enter the fray." THE CANADIAN PRESS

At least 100 reported killed in Syria on Muslim holiday

Violence. Activist groups say 12 bodies shot execution style were found in capital

Government forces pummeled the battered city of Aleppo with air strikes and tanks and shelled parts of Damascus and southern Syria Monday, killing at least 100 people during a major Muslim holiday, rights groups and activists said.

The violence escalated dramatically after a one-day lull on Sunday, the start of the three-day Eid al-Fitr holiday that marks the end of the holy month of Ramadan.

The renewed fighting showed President Bashar Assad's regime is not letting up on its drive to quell the 17-month-old uprising out of respect for the occasion.

Last month, the Syrian regime confirmed for the first time that it possessed chemical weapons by threatening to use them in case of any foreign aggression. The warning was seen as a sign of desperation as Assad's grip on power slipped.

U.S. intervention

In Washington, President Barack Obama said U.S. thinking on military involvement in Syria would change if chemical or biological weapons came into play in the civil war.

- He told reporters the use of such weapons of mass destruction would widen the conflict considerably.

It came shortly after rebels assassinated four of the president's top security officials, the biggest blow to the regime in the entire uprising.

Adding to the despair, two main activist groups — the Syrian Observatory for Human Rights and the Local Coordination Committees — said that 12 bodies shot execution style were found in the Qaboun district in the capital Damascus.

Activist Omar al-Khani said the bodies, which included two children, were found on the side of a road with clear signs of torture on their bodies. Some were naked, others handcuffed.

Most of the deaths Monday were a result of tank and mortar shelling as well as clashes in the Damascus suburbs of Daraya and Moadamiyeh, where some activists reported the regime used helicopter gunships. The Observatory and others said up to 31 people were killed. THE ASSOCIATED PRESS

Citizenship. Ottawa revamps point grid for immigrant applications

Ottawa is revamping the point grid it has used for the past 10 years to judge skilled-immigrant applications.

The proposed revisions, to go into effect next January, will put more emphasis on language skills and professional credentials equivalent to Canada's — while de-emphasizing work experience abroad.

This would be the first major overhaul of the immigration point-grid system since 2002, when the Liberal government of the day lowered the passing mark and jiggled minor point allocations.

Under amendments to the federal skilled-worker program published Friday, language proficiency — a strong indicator of how well new immigrants do economically — will become the most important factor in whether applicants are approved, worth a maximum of 28 points, up from 24.

The total "passing" mark will remain at 67, but the revised grid will favour younger immigrants by awarding a maximum of 12 points for applicants in the 18-35 age bracket. Applicants over 46 would get 0 points.

"These changes will reflect the relative value Canadian employers place on foreign work experience, and redirect points to language and age factors, which are better indicators of success," said a government statement.

TORSTAR NEWS SERVICE

Proposals

Citizenship and Immigration Canada is also proposing to reduce the total number of points given for work experience from 21 to 15, and increase the years of experience required to achieve full points from four years to six.

- Changes are also contemplated to the Canadian Experience Class, which allows highly skilled foreign nationals with Canadian work experience, or graduates from a Canadian university, to apply for permanent residency.

Fire sweeps through Croatian countryside

Firefighters attempt to extinguish a forest fire near the town of Perkovici, close to Sibenik, 230 kilometres south of Zagreb, Croatia, on Monday. Firefighters fought a blaze that has destroyed a large swath of forest and scrub land near the Adriatic coast.

SULEJMAN OMERBASIC/THE ASSOCIATED PRESS

Venezuela

More than 20 dead in prison riot

More than 20 people were killed during a prison riot as two groups of inmates waged a gun battle inside the penitentiary, Venezuelan officials said Monday. It was the latest in a series of bloody clashes that have flared in Venezuela's overcrowded prisons and become a major problem for President Hugo Chavez's government.

THE ASSOCIATED PRESS

Mexico

Two killed in running of bulls

Health authorities say two people are dead and 18 injured after this weekend's running of the bulls in the small central Mexico state of Tlaxcala. Tlaxcala state Health Department spokesman Yered Gallardo says the dead include one man who was crushed against a barrier by a charging bull. Another elderly man died Sunday after a bull escaped its enclosure and went running through the streets.

THE ASSOCIATED PRESS

Indonesia

Death toll rises to 6 after earthquake

The death toll rose to six on Monday from an earthquake in Indonesia Saturday as rescuers reached mountainous villages that had been cut off by landslides, officials said. At least 43 others were injured, including eight in critical condition. The magnitude-6.3 quake struck near Palu city on Sulawesi Island as residents were ending their fast on the final day of the Muslim holy month of Ramadan. THE ASSOCIATED PRESS

New rules. Myanmar ends direct media censorship

Myanmar abolished direct censorship of the media Monday in the most dramatic move yet toward allowing freedom of expression in the long-repressed nation.

But related laws and practices that may lead to self-censorship raise doubt about how much will change.

Under the new rules, journalists will no longer have to submit their work to state censors before publication, as they have for almost half a century. However, the same harsh laws that have allowed Myanmar's rulers to jail, blacklist and control the media in the name of protecting national security remain unchanged.

The Information Ministry, which has long controlled what can be printed, made the announcement on its website Monday.

THE ASSOCIATED PRESS

Pakistan. Police arrest Christian girl accused of burning the Qur'an

A Christian girl was sent to a Pakistani prison after being accused by her furious Muslim neighbours of burning pages of the Islamic holy book, the Qur'an, in violation of the country's strict blasphemy laws.

A police official said Monday there was little evidence that pages of the book had been burned and that the case would likely be dropped. But hundreds of angry neighbours gathered outside the girl's home last week demanding action in a case raising new concerns about religious extremism in this conservative Muslim country. Some human-rights officials and media reports said the girl was mentally handicapped. Police gave conflicting reports of her age as 11 and 16.

Under Pakistan's blasphemy laws, anyone found guilty of insulting Islam's Prophet Muhammad or defiling the Qur'an can face life in prison or even execution.

THE ASSOCIATED PRESS

Call for prayer

"Their priest should tell them that they should respect the call for prayer."

Haji Pervez, one of several Muslims gathered at the local mosque less than 100 metres from the grey concrete house where the Christian girl lives.

Serving up sweets.
Tennis star Sharapova launches candy line

Tennis player Maria Sharapova is going into the candy business.

The four-time Grand Slam title winner launched her Sugarpova brand of 12 types of sweets on Monday at Henri Bendel in New York City.

At this year's French Open, which Sharapova won, she called Sugarpova "the most exciting project that I've ever done ... because it's my own business, my own investment, my own money."

Sharapova is ranked third heading into the U.S. Open tennis tournament, which starts next week.

THE ASSOCIATED PRESS

Maria Sharapova appears for her Sugarpova candy launch at Henri Bendel in New York on Monday. GETTY IMAGES

Market Minute

DOLLAR
101.17¢
(+0.07¢)

TSX
12,706.03 (-13.85)

OIL
$95.97 US (-4¢)

GOLD
$1,623 US (+$3.60)

Natural gas: $2.776 US (+5.7¢)
Dow Jones: 13,271.64 (-3.56)

Carney apologizes for banknote controversy

Money problems.
Image of Asian woman removed from original design of new $100 bill after focus groups raised questions

The Bank of Canada has apologized for the way the image of a woman who appeared to be Asian was removed from the initial design of the new $100 banknote. BANK OF CANADA/THE CANADIAN PRESS

Bank of Canada governor Mark Carney apologized Monday for the way the image of an Asian woman was removed from the initial design for new $100 banknotes, promising to review the bank's internal processes.

"I apologize to those who were offended — the bank's handling of the issue did not meet the standards Canadians justifiably expect of us," Carney said in a statement. "Our banknotes belong to all Canadians, and the work we do at the bank is for all Canadians."

The Canadian Press reported last week that the image of an Asian woman was purged from the original design after some focus groups in October 2009 raised questions about her ethnicity.

Some of the participants said the Asian woman did not represent Canada; some said other ethnic groups should be shown as well, says a report obtained under the Access to Information Act.

By the end of 2009, an image of a white-looking woman was substituted in a move bank spokesman Jeremy Harrison said was to restore "neutral ethnicity."

The original design never went into circulation.

Spokespersons for the Chinese Canadian National Council called the move "racist," and demanded the bank change its policies to stop "erasing" visible minorities from Canada's money.

THE CANADIAN PRESS

SHOP • CA™
SHOP & EARN, EVERY TIME!™
CANADA'S BIGGEST STORE

We've got everything for your little bundle

- Free shipping on millions of products
- Brands that you love and trust
- Shopping from the comfort of your home
- Up to 2.5% Rewards Cash - Amazing!

www.shop.ca

PLUS SIGN-UP AND GET $10 REWARDS CASH ON YOUR FIRST $25 PURCHASE

15 KM FROM START TO FINISH

SHE SAYS ...
Jessica Napier
metronews.ca/voices/she-says

Last weekend I celebrated my 27th birthday and I thought I should do something a little different to mark the occasion. Rather than planning a night out of boozing and debauchery with my nearest and dearest, I decided to strap on my running shoes and embark on a 15-kilometre run with hundreds of strangers.

In case you've ever wondered what it's like to pound the pavement non-stop for 15 kilometres, I thought I'd invite you into the mind of an unwilling runner.

Here's what was going through my head every sweaty step of the way:

1 km: I feel great. Am I making this look easy? I think so. Perhaps I should follow Usain Bolt's example and invent a signature finish-line move.

2 km: Getting into the groove now. Running behind a friend whose rhythmic ponytail-swaying is helping me keep a good pace.

New trend?

"Fellow runners are slowing down to take snapshots of the beautiful view along the route. I joke that uploading photos to Instagram while running shall henceforth be known as 'Instagrunning.'"

3 km: Ugh. After spending two hours curating a playlist full of perfectly sequenced pump-up jams, my iPod seems to be stuck on shuffle. Also, whatever happened to DMX? Does he still make music?

4 km: I catch up to my friend, who offers me something called a Honey Stinger, a chewy treat designed to give you a burst of energy. Why didn't anyone tell me that there was so much candy involved in running?

5 km: OK, feeling a bit dehydrated now. I probably should have forgotten my pride and purchased one of those lame waistband water-bottle harnesses.

6 km: A HILL? Nobody told me there would be hills!

7 km: Stomach pains. Clearly a salted caramel cupcake wasn't exactly a good pre-race snack.

8 km: Fellow runners are slowing down to take snapshots of the beautiful view along the route. I joke that uploading photos to Instagram while running shall henceforth be known as "Instagrunning."

9 km: Can I make it another six kilometres without having to use one of those questionable-looking porta-potties?

10 km: At the 10-kilometre mark I spot a random road sign that reads: "Brake for Snakes." I immediately decide to picture a group of angry snakes slithering behind me and pick up the pace.

11 km: Four more to go and I can't stop thinking about drinking the largest glass of white wine when this is all over.

12 km: Blisters, blisters, blisters, blisters, blisters, blisters.

13 km: Whoops. I accidentally threw a half-full cup of Gatorade in the general direction of a fellow runner. Run faster to avoid eye contact.

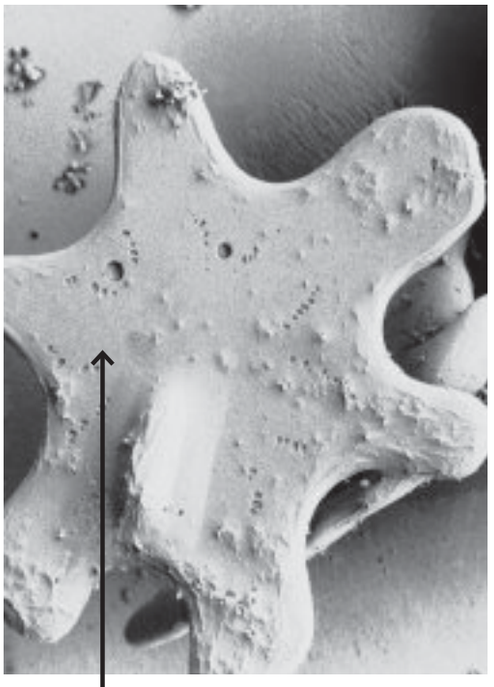
14 km: OK, you can do this. Harder, better, faster, stronger.

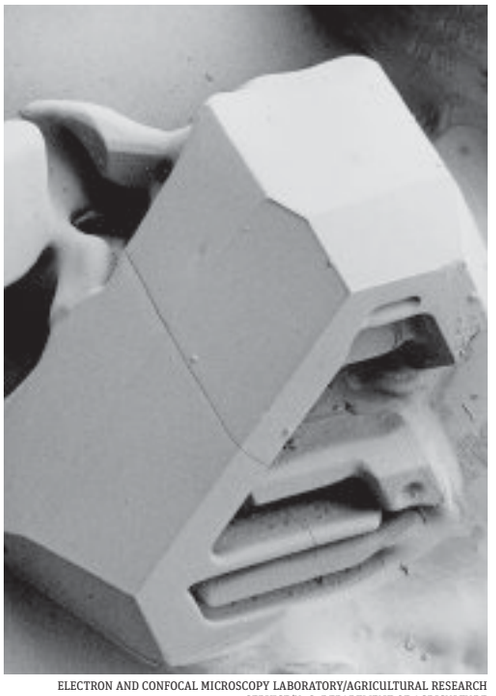
15 km: One hour and 38 minutes later and it's all over!

Someone give me my finisher medal and that aforementioned glass of wine.

During a 15-kilometre race, it's debatable whether your feet are running as fast as your mind. GETTY IMAGES

Snow way ... that's H2O?





ELECTRON AND CONFOCAL MICROSCOPY LABORATORY/AGRICULTURAL RESEARCH SERVICE/U. S. DEPARTMENT OF AGRICULTURE

Snowflake art

Snow pics reveal very odd shapes

One looks like an amoeba, the other looks like something out of a futuristic, otherworldly landscape.

But these are snowflakes and ice crystals captured in stunning high detail.

Taken with a low-temperature scanning electron microscope, the pictures are products of the Beltsville Agricultural Research Center in Maryland.

METRO

Snow in detail

- **Studying snow.** Snow and ice crystals are collected on copper sample plates containing pre-cooled methyl cellulose solution. The plates are plunged into pools of liquid nitrogen, rapidly cooling them to -196 C. They are shipped to Maryland to be held in storage or examined and photographed on a pre-cooled (-170 C) stage of a scanning electron microscope.
- **Objective:** to find out the water content of the winter snow pack. James Foster, a scientist at NASA, explains the science: "Less radiation from the ground is emitted with larger snow crystals as the radiation is more scattered. From this we can determine the thickness of the snow, and ultimately how much water it can hold."
- **Different shapes.** In their basic form, snowflakes are hexagonal in shape. But once they've fallen and interacted with heat or vapour, they undergo metamorphosis. "As a result, we can get really odd shapes," Foster said.

Specialist's view

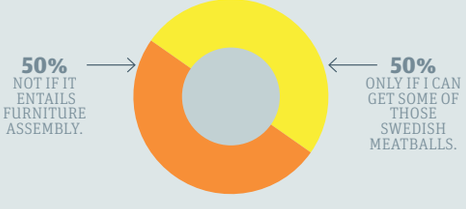
"These images show that the phrase 'No two snowflakes are alike' is probably true."

James Foster, physical scientist in hydrological sciences at NASA. Foster explained to Metro that all snowflakes are unique because "their histories are slightly different. Everything from vapour, wind and heat affects them in a varying manner, resulting in a unique shape."

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Would you stay at an Ikea hotel?



Twitter

@smashPATRON: Does downtown Regina always smell like old people or is that just today? #YQR

@jaydubs75: Pathetic. "Razor blades found embedded in Dewdney Pool

@jamollison: Razor blades found in #Regina pool?! Man there are some sick people out there! Is is like a childhood nightmare!

@codyjordison: The difference in this years #riders team vs last years? This year teams have to bust their butt to beat us. #riders #yqr

@AllDayWong: Has SaskPower implemented some sort of rolling blackout policy that I'm not aware of? Annoying! #YQR

@Guyzer: @MayorFiacco greetings! When can we expect renderings to be made public for the new stadium? Thanks. #yqr

metro
President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Regina** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **National Sales Director** Peter Bartrem • **Sales Manager** Kim Kintzle • **Distribution Manager:** Darryl Hobbins • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown, **Vice-President, Finance** Phil Jameson **METRO REGINA** • **Telephone:** 306-584-2025 • **Toll free:** 1-877-895-7194 • **Fax:** 1-888-243-9726 • **Advertising:** adinforegina@metronews.ca • **Distribution:** regina_distribution@metronews.ca • **News tips:** regina@metronews.ca • **Letters to the Editor:** reginaletters@metronews.ca

5 of the best ensemble films

With The Expendables 2 taking the No. 1 spot at the box office last weekend, we have proof once again that if you pack a ton of high-profile talent into one film, you can't lose. Here we take a look at some of the best high-head count films.

HEIDI PATALANO
Metro World News in New York

1 The Avengers (2012)

The cast: Robert Downey Jr., Scarlett Johansson, Chris Hemsworth, Mark Ruffalo, Jeremy Renner, Samuel L. Jackson, Chris Evans, Gwyneth Paltrow, Tom Hiddleston, Cobie Smulders, Stellan Skarsgard

High-power head count: 11

Critical reaction: 92 per cent approval rating on Rotten-Tomatoes.com

What made it great: With a snappy script, skillful performances and powerful action sequences, The Avengers offered a well-rounded meal for hungry comic book fans.

Opening box office take: $207.4 million

2 Pulp Fiction (1994)

The cast: John Travolta, Samuel L. Jackson, Bruce Willis, Harvey Keitel, Uma Thurman, Tim Roth, Ving Rhames, Rosanna Arquette, Eric Stoltz, Christopher Walken

High power head count: 10

Critical reaction: 95 per cent approval rating on RottenTomatoes.com

What made it great: Quentin Tarantino's landmark film resurrected John Travolta's career and became a watershed moment for indie cinema's increasing profitability.

Opening box office take: $9.3 million

3 Ocean's 11 (2001)

The cast: George Clooney, Brad Pitt, Julia Roberts, Matt Damon, Don Cheadle, Elliott Gould, Andy Garcia, Casey Affleck, Bernic Mac, Carl Reiner, Scott Kahn

High-power head count: 11

Critical reaction: 82 per cent approval rating on RottenTomatoes.com

What made it great: Funny, stylish, smart and very, very sexy, this heist caper front-loaded with talent made Steven Soderbergh's skill as a director shine that much brighter.

Opening box office take: $38 million

4 The Expendables (2010)

The cast: Sylvester Stallone, Jason Statham, Jet Li, Steve Austin, Dolph Lundgren, Terry Crews, Mickey Rourke, Randy Couture, Bruce Willis

High power head count: Nine

Critical reaction: 41 per cent approval rating on Rotten-Tomatoes.com

What made it great: The first Expendables film may not have found favour with critics, but box office numbers don't lie — audiences loved this over-the-top homage to the action films of the 1980s.

Opening box office take: $34.8M

5 The Royal Tenenbaums (2001)

The cast: Gene Hackman, Ben Stiller, Gwyneth Paltrow, Danny Glover, Bill Murray, Anjelica Houston, Alec Baldwin, Owen Wilson, Luke Wilson

High power head count: Nine

Critical reaction: 80 per cent approval rating on Rotten-Tomatoes.com

What made it great: Director Wes Anderson's quirky film about family dysfunction utilized each actor's strongest talents so well that the film is largely considered his best. A 2008 survey by film magazine Empire named it the 159th best film of all time.

Opening box office take: $8.5 million

On the web

Nicky Deuce, new Nickelodeon kids movie, mobbed up with four former stars of The Sopranos

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Prince Harry

The prince gets his party on, post Olympics

With the London Olympics behind him, Prince Harry headed back to Las Vegas this weekend for some fun and relaxation, according to People magazine. The royal bachelor was able to enjoy himself at the MGM Grand's poolside venue Wet Republic without drawing too much attention thanks to the presence of Jennifer Lopez, who was throwing a party a few bungalows away. He didn't go entirely unnoticed, of course. "A few groups of women approached him throughout the day and he talked to them briefly, but he didn't really center his attention on anyone," a source says. "He definitely loved the attention, but he looked to be a gentleman with all the women."

A royally good time

"He definitely loved the attention, but he looked to be a gentleman with all the women."

Source

Phyllis Diller passes away at 95

Comedienne and actress Phyllis Diller died yesterday at the age of 95 in Los Angeles. She had recently suffered a fall and injured her hip, reports TMZ. Diller, who began her career in television in 1952, frequently collaborated with Bob Hope and is credited with paving the way for female comedians.

She continued to work until recently, making cameo appearances in film and television and performing standup in 2007 on The Tonight Show.

The Word

Nicki Minaj nabs a chair on American Idol

THE WORD
Monica Weymouth
scene@metronews.ca

American Idol hasn't had any trouble replacing former judges Steven Tyler and Jennifer Lopez with high-profile stars. A month after Mariah Carey signed on, it looks like fellow professional diva Nicki Minaj will take a seat at the judges' table as well.

"I'm not sure the deal is completely done yet, but yes, she is definitely doing it," a show insider tells Us Weekly.

"A few more slight things to sign off on but it is happening."

Our hearts go out to the hair, makeup and pillow-fluffing crews at Idol during this difficult time.

Justin Timberlake and Jessica Biel ALL PHOTOS GETTY IMAGES

Private aisle: Did Justin and Jessica have a secret ceremony?

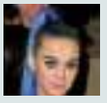
Did Justin Timberlake and Jessica Biel pull a fast one on Hollywood and sneak off to tie the knot this past weekend? At least one gossip columnist says yes. Janet Charlton reports on her blog that the engaged stars were in Jackson Hole, Wyoming, this weekend — the site of Timberlake's proposal to Biel last December — for a rehearsal dinner Friday night followed by the wedding itself Saturday at a private estate. Their guests were staying at the Four Seasons resort nearby, according to Charlton's

Twitter

@chriscolfer
Does anyone else imagine @DianeSawyer when they think of God? Maybe I just watch too much news.

@TheEllenShow
13 million followers! If 13 is a lucky number, 13 million must be really lucky. I'm gonna go buy some lotto tickets.

@SethMacFarlane
I fear no man or thing the way I fear a bee in my car.



@katyperry
Meditation is the new xanax.

thecoolestjobever!
Search for the World's Biggest Rider Fan
be on the RADIO! win $10,000! go to the GREY CUP!
go to cjme.com/fan
gz thegreenzone football lives here.
NEWS TALK 980 CJME

How to detox the right way

Diet. This summer, health addicts raved about the benefits of detoxes. But is feeding your body nothing but blended fruit and vegetables really good for your health?

ROMINA MCGUINNESS
Metro World News

Unless you've been hiding out in McDonald's all summer, you'll have heard at least one of your friends mention how a juice detox helped them get the best body ever. Generally, people go on a detox because they want to lose weight, debloat or clear their skin. But they're missing the point, Dr. Frank Lipman, who advises Gwyneth Paltrow, tells Metro. "Your main motivation should be your health, not your weight." So is going on a detox ever a good idea? Yes, Lipman answers, as long as you're doing it right.

Why bother to try one?

"If you're going off the rails and have been eating too much crap and feel like you need to push the reset button, then a detox may be the right thing for you. But so many people do it wrong," says Lipman. "The benefits of a good detox include weight loss, higher energy levels, reduced bloating and puffiness, clearer skin, improved digestion and better sleep. It's an entry point into a healthy life."

What is it?

Going on a detox is about removing toxins from the body. Beyond that, it's about getting healthy.

According to Lipman, a truly effective detox is one where you supply your body with the specific ingredients needed to boost its own detoxification system. We have natural detox systems, such as the liver, but these tend to get overloaded by our modern diet and lifestyle. You need to support yourself with fresh nourishing food in order to replenish your system. The gut is a huge source of toxicity as its full of bad bacteria, so a good detox should include plenty of fibre to help remove the bacteria as well as anti-microbial herbs to kill it.

How do you do that?

Process of elimination. A detox isn't just about removing toxicity but eliminating foods from your diet that cause sensitivities or inflammation such as sugar, gluten, dairy, soy, eggs, caffeine and alcohol says Lipman.

Once the detox is over, slowly introduce the foods back into your diet one at a time and see how your body reacts.

"If you don't have a negative reaction, such as severe stomach pain, nausea, headache or fatigue, then you can assume that it's not a problem for you to continue eating these foods."

You have to stick to a detox program for a minimum of 10 days, the length of time it takes for the body to get over food sensitivities and sugar cravings.

So is detoxing dangerous?

"No, it's good to remove the crap in your diet once in a while," confirms Lipman. But it can be a problem if it's not done properly. "Ninety per cent of people go on a detox to lose weight and look good. But if they did do it in the mind set of getting healthy, they would get better results and still lose the weight."

Just reconsider juicing

The problem with a juice detox is that there is only so much time you can spend without solid food, says Lipman. Juicing for a couple of days is fine, but you're not really cleaning out your gut, which is what a detox is all about. You think you're getting skinny, but you're probably gaining weight.

"A juice detox is fine for resting the gut and not taking in gluten, dairy and refined sugar, but a lot of juice detoxes are full of fruit so full of sugar. Too many sugars and not enough nutrients could actually have an adverse effect, triggering weight gain rather than weight loss," Lipman warns. "If you're going to have a juice, make sure it's not 100 per cent fruit, but contains green leafy vegetables such as spinach or kale as well."

Quote

"Going on a detox is like going to a food rehab."

Dr. Frank Lipman
Author of Revive: Stop Feeling Spent and Feel Great Again

Drink it up. THINKSTOCK

Take note. Three things you should know before starting a juice detox

"While your liver, kidney and skin regularly function as your detox organs, they sometimes need a little help because we no longer eat pure, unadulterated foods 100 per cent of the time," says Zoë Sakoutis, founder of the Blue Print Cleanse. She gives us a few pointers.

1 The top five foods to include in a juice are dark leafy greens such as broccoli and kale, as well as lemon, watermelon, cucumber and beets.

2 Nutrients in juice-form can be absorbed and assimilated more easily, so your body isn't spending much energy on digestion, and is able to rest and restore itself whilst being fuelled with raw energy.

3 The benefits of a juice detox include increased energy levels, improved sleeping patterns and better digestion.

METRO

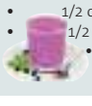
Recipes

Here's three juice recipes from Dr. Lipman's cleanse program. Blend away...

Pineapple Smoothie (serves 1)
- 1/4 cup coconut milk
- 3/4 cup coconut water
- 1/2 cup frozen pineapple pieces
- 1 tbsp shredded unsweetened coconut
- 4 ice cubes

Greena-Colada Avocado Smoothie (serves 1)
- 1 cup frozen pineapple chunks
- 1 cup coconut water (or almond milk or water)
- 1/4 avocado
- 1 tbsp coconut oil
- 2 ice cubes
- 1/4 avocado

Blueberry Pear Smoothie (serves 1)
- 1 large ripe pear, peeled and diced
- 1/2 cup frozen blueberries
- 1 teaspoon vanilla extract
- Pinch of ground ginger
- Juice of 1/2 a lime
- 1/2 cup almond milk
- 1/2 cup filtered water
- 3-4 ice cubes



On the Web

SuperAgers in 80s have brains similar to those 20, 30 years younger: study

Skip the pasta noodles and give lasagna potato power

This recipe serves eight to 10. NEWS CANADA

It tastes just like the Italian-style favourite, except this version replaces pasta with sliced Ontario Yukon Gold potatoes. It's a satisfying meal that's quick and easy for kids and parents to prepare.

The adults peel and slice potatoes. Older kids can parcook potatoes in microwave and cook ground beef. All kids can layer ingredients in baking dish.

1. Preheat oven to 400 F (200 C).

2. In fry pan, cook beef on medium heat, breaking up pieces with back of wooden spoon or spatula. Stir in oregano, garlic. Remove from heat.

3. Place sliced potatoes in bottom of 2.5-quart (2.35 l) baking dish. Cover with plastic wrap. Heat on high 8 minutes or until potatoes in middle of dish are tender when pierced with a fork. Use oven mitts when removing cover.

4. Sprinkle flour on top of potatoes. In a bowl, mix cooked ground beef mix with tomato sauce and spread over top.

5. In bowl, mix cottage cheese, egg and Parmesan cheese. Spread over tomato sauce layer. Sprinkle grated Cheddar cheeses over cottage cheese layer.

6. Bake uncovered 30 minutes, until cheese is lightly browned and sauce is bubbling at edges. Let stand 5 minutes. **NEWS CANADA**

Ingredients

- 1 lb (500 g) lean ground beef
- 1 tsp (5 ml) dried oregano
- 1/2 tsp (3 ml) chopped garlic
- 2 lb (1 kg) Ontario Yukon Gold potatoes, peeled and thinly sliced
- 1 tbsp (15 ml) all-purpose flour
- 1 1/2 cups (375 ml) tomato sauce
- 1 1/2 cups (375 ml) cottage cheese
- 1 egg
- 1/3 cup (75 ml) grated Parmesan or Romano cheese
- 1 cup (4 oz /100 g) grated Cheddar and mozzarella cheeses

Health Solutions

Condiment conundrum

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Everyone likes a burger on a hot summer day!

But most of them pack enough of a calorie bomb without adding insult by condiment.

Be careful what you top your babies with, and be able to enjoy them more often (and for longer).

Don't

- 1 oz grated cheddar cheese adds 119 calories and 9 grams of fat
- 1 tbsp mayonnaise adds 60 to 80 calories and 8 to 12 grams of fat
- Lick's Guck or "special" sauce adds 50 calories and 6 grams of fat

Do

- Mustard adds zero calories, no fat
- Dill pickle adds zero calories and no fat
- Dill pickle relish adds zero to five calories and no fat
- Tomatoes, lettuce, onions and peppers are free and unlimited

Just so you know...

- 1 tbsp ketchup is 20 calories (and one whole teaspoon of sugar)
- 1 tbsp barbecue sauce is 30 calories (and one whole teaspoon of sugar)

Choose wisely. Your abs are watching you.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Roast, smash & masala them

Garam masala is a widely available, yet little used (in North America) seasoning blend from northern India. Like so many Indian spice blends, there is no set recipe for garam masala. The ingredients can vary tremendously by region. In general, it usually contains a mix of spices that are at once sweet and warming: coriander, cardamom, cinnamon, cloves, cumin and black pepper.

"Warming" is a flavour that has a fullness without acidity or sharp flavours. Think spice cookies and gingerbread minus the sugar.

Here, it's used to make smashed and roasted potatoes.

1. Heat the oven to 400 F. Coat 2 baking sheets with oil or cooking spray.

2. Place potatoes in saucepan and add enough cool water to cover by 1 inch. Bring to a boil and cook until tender, about 15 to 20 minutes. Drain well.

3. Return the potatoes to the pot and set over medium heat. Heat, shaking the pan frequently to keep the potatoes moving, for 1 minute, or until dry.

4. Transfer the potatoes to the prepared baking sheets, leaving 2 inches around each. One at a time, set a sturdy mug over each and push down to lightly crush. They should be lightly cracked and slightly flattened.

5. In liquid measuring cup, whisk together the olive oil and garam masala. Drizzle the oil over the potatoes, coating each one well. Season the potatoes with salt and pepper, then roast for 15 minutes, or until lightly browned. Sprinkle the manchego over each, then return to the oven for 5 to 7 minutes, or until the cheese begins to brown. **THE ASSOCIATED PRESS**

Ingredients

- 3 lbs red or yellow new potatoes
- 1/4 cup olive oil
- 1 tbsp garam masala
- Kosher salt and ground black pepper
- 1 cup grated manchego cheese

Skillet super. Potato & Roasted Pepper Frittata

Serve up this skillet supper with a green or Caesar salad to complete your meal. It is also delicious with warm pasta sauce or stuffed into a crusty ciabatta bun for a take away lunch for the office the next day.

1. Dice potatoes into 1/2-inch (1 cm) cubes; set aside.

2. In skillet heat oil over medium high heat. Add potatoes, onion, garlic, Italian seasoning, salt and pepper. Cook, stirring 5 mins. Reduce heat to medium, cover and cook, stirring once about 5 mins. or until potatoes are tender. Stir in roasted peppers and parsley.

3. In bowl, beat eggs and Asiago cheese. Pour over potato mix, lifting and stirring eggs into mixture with spatula. Cook, 8 mins. or until bottom is light golden and top is set. Place large plate over skillet and invert frittata onto plate. Slide frittata back into skillet and cook for 5 mins. or until bottom is golden. **NEWS CANADA**

Ingredients

- 3 red Ontario Potatoes (about 1 lb/500 g), scrubbed
- 2 tbsp (25 ml) extra virgin olive oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1/2 tsp (2 ml) Italian herb seasoning
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) pepper
- 1/2 cup (125 ml) diced roasted red peppers
- 3 tbsp (45 ml) chopped fresh Italian parsley
- 6 eggs
- 1/2 cup (125 ml) shredded Asiago cheese

Sometimes even the bank screws up too

Alison's money rule. Follow these four tips to help you deal with those big bank errors

YOUR MONEY
Alison Griffiths
money@metronews.ca

My sister would rather keep her money in a sock than deal with the big banks. Her feelings were confirmed after a recent error was made transferring funds from her old Scotiabank branch to a new one. The result was a number of bounced cheques and considerable embarrassment.

Not expecting any mea culpas, she complained to a teller who ushered her into an account manager's office. Not only did the woman apologize but she offered my sister six months of zero fees on her account.

Boldly, dear Sis said that wouldn't quite cover the NSF fees but the woman could not authorize any more largesse. Enter the branch manager who proclaimed, "let's just do away with your fees permanently."

You can't always get what you want when a bank screws up, but follow these tips to give you the best chance to notice errors and get compensation.

1. Pay attention
There's no way to catch a mistake if you're not checking your account statements and ATM transactions regularly. Be particularly vigilant about transfers, automatic deposits and debits and Internet banking.

2. Marshall your facts
Don't bother starting the complaint process until all facts and documents are at hand. Detail everything you can recall including the dates and confirmation numbers if appropriate.

3. Be prepared to go up the ladder
All bank employees, including branch managers, have limits to what they can authorize. To get more you will have to go higher. Asking for the vice president in charge of consumer services at head office if luck runs out at the branch level. Otherwise you can file a complaint with the Ombudsman for Banking Services and Investments (obsi.ca) For TD and RBC complaints go to ADR Chambers (bankingombudsca.)

4. Hold your temper
Anger and abuse toward employees may make you feel better temporarily but it gives the bank an acceptable reason to stop dealing with you. Be firm, be reasonable then shout up a storm in private.

With billions of bank transactions in Canada annually, mistakes will happen. Do complain even about small mistakes. You could be surprised by the result.

In numbers

864M

Canadians made 864 million transactions at bank-owned ATMs in 2011.

Pay attention! If you don't check your account statements for accuracy, you might miss a bank error. ISTOCK IMAGES

There's hope for the dumped

Feedback. Website offers unique method for people to get constructive criticism from their exes

HEIDI PATALANO
Metro New York

For the long list of ways a person can be dumped, unfortunately most often, no actual breakup happens at all. Ending a relationship with unreturned phone calls or unanswered texts is sadly the norm.

Audrey Melnik, CEO of WotWentWrong.com, has had enough of that. Fed up with the anguish she and her friends experienced when they were kicked to the curb with no explanation, she was determined to find a productive and socially acceptable method of getting feedback from those who had ended things.

The result is a website that helps the dumped compose what Melnik describes as a "nonchalant, not clingy" email that politely asks the one who did the dumping for full disclosure.

"The tone that I wanted to set pretty much throughout all of it is: 'I'm not trying to get back together with you; I just want to know so I can not make that mistake in the future and improve the next time,'" Melnik explains.

Users can select from a number of tones — from flippant to flattering, philosophical to sincere — from which to compose their email to the ex-mate from whom they are seeking an answer. The site provides text like, "Going out with you was fun for me, and I believed for a while that it was also fun for you. Since I haven't heard from you for a while, I'm assuming things have changed. It would really be great if you could give me some feedback on what went wrong."

Customize the message however you see fit, and it gets sent off to the object of your unrequited affection.

Melnik so far has been pleased with the results. Not only has the site helped many daters learn more about their own annoying dating habits, but the anonymously aggregated data that results from using the site has provided some fascinating statistics that will help anyone learn more about modern dating behaviour (see factbox).

"I think one of the key things that we're discovering is that there are two different facets: either there are certain things that you can learn that you are doing that you can change or there are certain things about you or your lifestyle that aren't things you can change, so it just means you should stop worrying about it," Melnik says. "Sometimes it's just about finding out that it's not about you, and that can make you feel better."

WotWentWrong.com is hoping to help people like this guy understand why their exes aren't having it anymore. ISTOCK

Top 3 reasons for dumping

1. Not ready for a relationship
2. Lack of punctuality
3. You're married/bad hygiene (tied)

DATA WAS COLLECTED FROM 500 ANONYMOUS, RANDOM USERS ON WOTWENTWRONG.COM

SPORTS 4

Swing away! Augusta changes stance on female membership

Golf. After 80 years, historic Masters course will finally have women in green jackets

For the first time in its 80-year history, Augusta National Golf Club has female members.

The home of the Masters, under increasing criticism the last decade because of its all-male membership, invited former U.S. secretary of state Condoleezza Rice and South Carolina financier Darla Moore to become the first women in green jackets when the club opens its season in October.

Both women accepted.

"This is a joyous occasion," Augusta National chairman Billy Payne said Monday.

The move likely ends a debate that intensified in 2002 when Martha Burk of the National Council of Women's Organizations urged the club to include women among its members. Former club chairman Hootie Johnson stood his ground, even at the cost of losing Masters television sponsors for two years, when he famously said Augusta National might one day have a woman in a green jacket, "but not at the point of a bayonet."

The comment took on a life of its own, becoming either a slogan of the club's resolve not to give in to public pressure or a sign of its sexism.

"Oh my God. We won," Burk said. "It's about 10 years too late for the boys to come into the 20th century, never mind the 21st century. But it's a milestone for women in business."

Payne, who took over as chairman in 2006 when Johnson retired, said that Rice and Moore were not treated differently from other new members. Even so, he took the rare step of announcing two of the latest members to join because of the historical significance.

Rice, 57, was the national security adviser under George W. Bush and became secretary of state in his second term. The first black woman to be a Stanford provost in 1993, she now is a professor of political economy at Stanford's Graduate School of Business.

"I have visited Augusta National on several occasions and look forward to playing golf, renewing friendships and forming new ones through this very special opportunity," Rice said in a statement released by the club. "I have long admired the important role Augusta National has played in the traditions and history of golf."

THE ASSOCIATED PRESS

Road to acceptance

A person with knowledge of club operations said Condoleezza Rice and Darla Moore first were considered as members five years ago.

- That would be four years after the 2003 Masters, when Martha Burk's protest down the street from the club attracted only about 30 supporters, and one year after Billy Payne became chairman.

A view of the 15th green during this year's Masters tournament at Augusta. SCOTT HALLERAN/GETTY IMAGES FILE

Darla Moore, left, and Condoleezza Rice were announced as the first female members of Augusta National Golf Club on Monday. THE ASSOCIATED PRESS FILE

Does NHL solution lie in revenue sharing?

An Ottawa-based economic think-tank has a solution to the NHL's labour headaches that fans of small-market teams will love, but owners of the league's cash cows will probably loathe — competitive balance through extensive revenue sharing.

With the league's collective bargaining agreement set to expire Sept. 15, owners have proposed a new deal that includes trimming the players' share of revenue from 57 per cent to 46 per cent. While that approach might ensure even money-losing franchises would break even, Glen Hodgson of the Conference Board of Canada says players would never accept it.

And neither would fans.

"The (average) fan says put some revenue-sharing options on the table as a way to get this done," says Hodgson, the board's senior vice-president and chief economist. "(But) that means rich teams are going to have to give up some money."

The board has published several studies on the pro-sports industry in North America, and earlier this year identified the NFL — where 80 per cent of revenues are shared among 32 teams — as the league offering the best balance of profitability and competitiveness.

TORSTAR NEWS SERVICE

Quoted

"(NFL revenues) are pretty simple to share 32 ways. You carve it up and it's a nice boost to your profits. But (it's more difficult) if you're taking the money out of someone's profits."

Glen Hodgson of the Conference Board of Canada. Hodgson says the NHL's wealthier teams need to determine which is more costly: Losing an entire season's profits every few years to a strike or lockout, or losing a fat fraction of their income every year to maintain labour peace.

Onus on big markets

Hodgson acknowledges that NFL teams share more than $9 billion in annual revenue, including a broadcast deal that pays roughly $4 billion a year.

- In contrast, the NHL's U.S. broadcast deal is worth $200 million annually, meaning revenue sharing would consist of big-time money makers like the Toronto Maple Leafs subsidizing teams like the Phoenix Coyotes.

Hockey

Danton denied visa to join English team

Mike Danton's attempt to continue his hockey career in England is on hold after border officials refused to grant him an entry visa.

The former NHLer, who served more than five years in a U.S. prison for a failed murder-for-hire plot, had his visa application rejected last week, the Coventry Blaze announced Monday.

Mike Danton
THE CANADIAN PRESS

The team, which plays in the Elite Ice Hockey League, said Danton plans to submit a secondary application.

THE CANADIAN PRESS

CHL

Junior hockey union close to reality

A process that's been more than a year in the making could change the face of junior hockey in Canada forever.

After working in anonymity for almost 14 months, the creation of a Canadian Hockey League Players Association, a de facto union to protect the interests of more than 1,300 junior players, is close to complete.

"We're in the process of making applications to each of the necessary labour boards," CHLPA spokesman Derek Clarke said in an interview Monday.

The CHL consists of 60 teams in the OHL, QMJHL and WHL.

Junior players currently get a $50 a week stipend — along with room and board.

TORSTAR NEWS SERVICE

NFL

"We are trying to address it, and it was just a lot of horseplay that was taken too far."

Prince Amukamara, the second-year New York Giants cornerback who was thrown into a tub of ice by teammate Jason Pierre-Paul. The club insists that was a football tradition and not bullying.

Mobile sports

His arm still appears strong and he's been able to weather some hard hits, but Peyton Manning and his Denver Broncos have yet to show the ability to pile up the points so far in the NFL pre-season. Scan the code for the story.

Horoscopes

♈ Aries
March 21 - April 20
There is no point in working too hard today — in fact it could be counter productive. If you need to burn off some of your excess emotional energy, the best way is through physical activity. Go for a walk.

♉ Taurus
April 21 - May 21
The pace of life will pick up considerably over the next few days, so fasten your seatbelt. Creatively, all things are about to become possible — no goal is beyond you if you want it enough.

♊ Gemini
May 22 - June 21
What you do for other people now, especially for friends and relatives, will determine how things go for you later on. You don't have to be a saint but you do have to realize you are not the only one with desires.

♋ Cancer
June 22 - July 23
There are more than enough unhappy people in the world as it is — don't add to their number. Whatever your problems may be, you are, in fact, one of the lucky few. Shape up and start smiling again.

♌ Leo
July 24 - Aug. 23
Stop looking for reasons to fail and start doing the things that make success more likely. What is your definition of success, exactly? It's not just about money and power. Don't forget spiritual growth.

♍ Virgo
Aug. 24 - Sept. 23
Suddenly you are motivated. Suddenly you want to get out there into the world and make things happen. The Sun's imminent move into your sign will encourage you to believe you have what it takes. And you do.

♎ Libra
Sept. 24 - Oct. 23
According to the planets you are getting close to the point where reality gives way to illusion. Question everything you see and hear today. Most of all, question what your own mind tells you. Can you trust it?

♏ Scorpio
Oct. 24 - Nov. 22
You may not agree with what a loved one is doing but you owe it to them to be supportive. They have assisted you in the past, now you have the opportunity to return the favor. Don't waste it.

♐ Sagittarius
Nov. 23 - Dec. 21
Cosmic activity close to the career angle of your chart makes this the perfect time to push ahead with your ambitions. What is it you want most out of life? What is it you dream of being and doing?

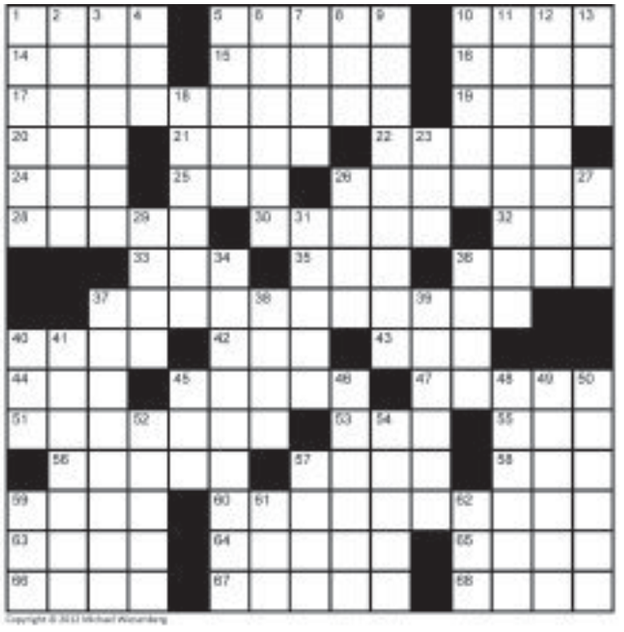
♑ Capricorn
Dec. 22 - Jan. 20
You don't care in the slightest what people think about your words or actions. If they have a problem with any of it, well, that's just too bad. Life is too short to waste time trying to keep everyone happy.

♒ Aquarius
Jan. 21 - Feb. 19
Something has been nagging at your mind for quite a while and will continue to nag until you do something about it. The fact that you have neglected it for so long is irrelevant — it's what you do now that matters.

♓ Pisces
Feb. 20 - March 20
The planets urge you to ignore any and all opposition and to push ahead with your plans. Your critics may be many and vocal but they will soon come around when they see how well you are doing without their help. SALLY BROMPTON

Crossword: Canadian Puzzle

BY MICHAEL WIESENBERG



Across
1. Operatic solo
5. "Sure, I'll handle it!" (2 wds.)
10. Lhasa ___: small dog
14. One of 11-Down: abbr.
15. Slobber
16. Astronaut team
17. Montréal's ___ Seaway (2 wds.)
19. *Elizabeth* star Blanchett
20. Can. neighbor
21. Sharpen
22. Tax month
24. *The Da Vinci Code* director Howard
25. Beatles hit "___ Loser" (2 wds.)
26. Canada's most populous province
28. Break up the romance (2 wds.)
30. Dispatches
32. Ending meaning "kind of"
33. Club ___ :vacation destination
35. ___ Croix, Que.
36. Wagers
37. Northwest ___
40. "Confound it!"
42. Consumed
43. Whirlpool site
44. Serpentine seafood
45. Assent
47. Experiences pain
51. Stampeders home
53. Duo
55. Computer key: abbr.
56. "___ far, far better thing that I do ...": Dickens' *Tale of Two Cities* (3 wds.)
57. "Whole Lotta Shakin' ___ On"
58. Pontiac muscle car of the '60s
59. Russian mountain range or river
60. Grammy and Juno award winning French-Canadian singer (2 wds.)
63. Plummeted
64. School: Fr.
65. About, in contracts (2 wds.)
66. Versified tributes
67. Distributed seeds
68. Beaver projects

Down
1. Allay one's fears
2. Points the finger at (someone) (2 wds.)
3. Vancouver ___: Victoria's location
4. Alias
5. Computer data holder: acronym
6. Stadiums
7. Not one
8. ER worker, for short
9. Poisonous flowering evergreen shrubs
10. Ghana's capital
11. Provinces between BC and 26-Across, familiarly
12. The tunes a band plays at a concert (2 wds.)
13. Be in debt
18. Procol Harum's "A ___ Shade of Pale"
23. Halves of qts.
26. Aware of
27. Cries of insight
29. "... ___a man with seven wives" (2 wds.)
31. ___ Lauder : cosmetics and fragrance brand
34. Hotrod showdowns (2 wds.)
36. Belle's boyfriend
37. Yarn-spinner's forte (2 wds.)
38. Humble response to "Good job!" (2 wds.)
39. "There's an app for that" device
40. Xmas mo.
41. Televised again
45. Small batteries
46. Star: Fr.
48. Provincial capital whose name means "queen"
49. Loud weather phenomenon, as shortened in weather reports
50. Teacakes
52. Underwater breathing organs
54. ___ and dined: treated lavishly
57. Aura
59. Flying saucer
61. "Green" prefix
62. Performed

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

			2		9			
	4						1	
1		6				7		3
		1	9	8	7	5		
6								8
		8	3	6	5	4		
7		3				2		6
	2						4	
			7		1			

Yesterday's Sudoku

1	3	8	7	5	9	2	5	4
6	4	5	3	2	1	9	7	8
2	9	7	4	8	5	1	6	3
7	5	4	1	5	2	6	3	9
3	1	9	6	4	7	8	2	5
5	6	2	9	3	8	7	4	1
8	5	1	2	7	4	3	9	6
4	7	6	8	9	3	5	1	2
9	2	3	5	1	6	4	8	7

Sharability

easy hard

There are better ways to make your voice heard
What's the point of making a statement, giving a speech or even talking if no one is listening?
Join the METROPOLITAN PANEL and have your voice heard by the readership of the world's largest newspaper.
Metropolitan Panel is an online research panel dedicated to dialogue with you! When you participate, your voice joins thousands of others in 14 countries. Sign up for the panel at **metropolitanpanel.ca,** choose your country and join the global conversation!
metropolitanpanel.ca
Metropolitan
Panel